



# new england NORDIC NEWS

SPRING 2000 VOL. 5, NO. 4

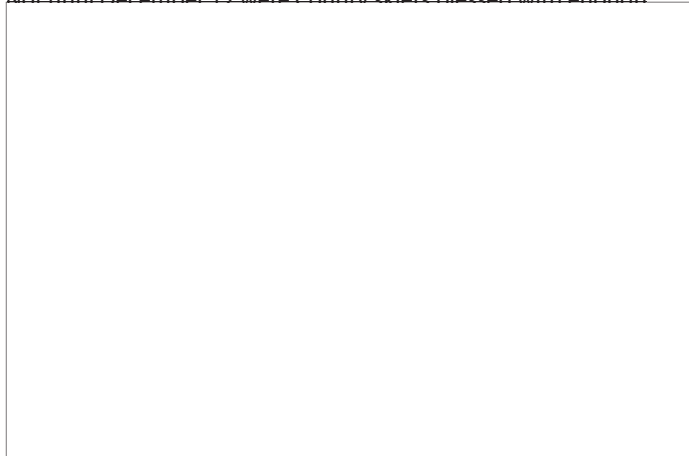
---

## MAINE WINTER SPORTS CENTER SEASON REPORT

by Max Saenger, Program Director

The first MWSC winter started much earlier than predicted as the first day of our November 19-21 High School Camp was held on snow. By 4 P.M. in the afternoon, the combination of warming temperatures and 24 snow-hungry Aroostook County skiers had returned a white, snow-covered ski stadium back to a green lawn. On December 3-5 Karin Lamberg's visit to MWSC pulled together 60 athletes, and 9 coaches from across The County to attend the Racer's Advantage Camp. Karin's experience as a three-time Olympian and her talents as a coach added a world-class touch to the Camp experience for all. Karin will move from her home in Mora, Sweden to Aroostook County in June to lead the MWSC ski program as head cross country coach.

Not until December 12 were County skiers blessed with enough



National JO biathletes at MWSC

Jalbert Photography

snow to begin skiing some of the new trails designed by John Morton in Fort Kent, Stockholm and New Sweden. Lined by tall pines and offering many great vistas, these trails challenge the racer with their turns, downhill twists and skiable climbs. "These trails are the most fun and most challenging I've skied in years," says former Olympian Trina Hosmer, who has skied many trails around the world.

The trails in Stockholm and New Sweden have been groomed all winter long by local skiers for the benefit of the local school children. Two new ski programs stand out from this winter: the Madawaska Recreation and Parks Department and MWSC teamed up to help provide top level equipment for the 17 middle school children in the program. The young skiers worked with local coaches twice per week playing games and developing skills through the months of January, February and March. In Stockholm, the Elementary School P.E. program held weekly ski lessons on the new ski trail as part of the curriculum. All 40 children in the Stockholm Elementary School

participated in the annual Winter Carnival ski races with 16 skiers on MWSC equipment. MWSC looks forward to developing more local youth programs throughout The County next winter based on the Madawaska and Stockholm models.

As the rest of New England struggled with the lack of snow, word slowly got out that the MWSC facility in Fort Kent was blessed with perfect trail conditions. On March 2, the 2000 Junior National Biathlon Championships-Nor/Am # 8 event was moved from Lake Placid, NY to Fort Kent, ME. 80 volunteers rallied in less than a week to organize sprint, pursuit and relay races for 80 athletes from the U. S. and Canada. For the final relay event on Saturday, 500 spectators filled the stadium to watch the action.

After the first MWSC international event, word of the excellent conditions at Fort Kent drifted over the border to Canada. As the temperatures began to rise in Quebec in late March, the 2000 Canadian National Biathlon Championships-Nor/Am Cup # 9 were rescheduled from Val Cartier, Quebec to Fort Kent. 144 biathletes from all over North America arrived in Fort Kent to wage battle on the technical courses, to test nerves on the shooting range and to savor the local hospitality.

After hosting two international events in 2000, MWSC looks forward to sharing our new stadium and trails in Fort Kent with NENSA skiers early next winter.

### CONTENTS

MWSC Report	1
From the Editors	2
BKYSL: Heart and Soul	3
New England Masters Championships	4
The Race to the Race	4-5
Observations from Norway	5-6
The Stuff of Dreams	8
Club News	9
From the Archives	9
The Season in Photos	10-11
Calendar	12

## About NENN

### Co-Editors

Anne Donaghy

Anne.T.Donaghy@valley.net  
603-448-4133

Mary Hamel

Mmhamel@aol.com  
413-527-0164

### Design/Layout

Eric Weber

eww@crocker.com

### NENN Committee

John Caldwell

Jack Eckels

Stu Goldberg

Marty Maher

Joe Walsh

### NEW ENGLAND NORDIC NEWS

NENN is published six times a year as a membership benefit of the New England Nordic Ski Association. If you are not yet a NENSA member, please join — support nordic skiing in New England!

To request a NENSA membership application, contact the NENSA Administrative Office. For fastest processing, send your membership fee in with your request for the membership form — as of 4/25/99, it's \$30 for the first member of the family (\$40 if not affiliated with a club), and \$20 for each additional family member (\$30 if not club-affiliated), payable to NENSA. When you return the signed membership form, you'll receive the NENSA competition guide and other membership benefits.

For information about life membership in NENSA, contact the Administrative Office.

### DEADLINES

Articles and pictures submitted for publication in NENN must be in the editors' hands not later than:

Midwinter (January) issue: November 15

Late Winter (March) issue: January 25

Spring (May) issue: March 25

Summer (July) issue: May 25

Early Fall (September) issue: July 15

Late Fall (November) issue: September 25

Photos and graphics are always welcome. If related to an article, photos or graphics should be submitted with the text.

### ADVERTISING

For complete particulars on advertising in NENN and/or the NENSA Competition Guide, contact the Administrative Office.

### CONTACTING NENSA

NENSA Administrative Office  
Fred Griffin, Executive Director  
PO Box 176  
Fairfax, VT 05454  
(802) 849-2270  
email: nensagrif@mail.sover.net

NENSA Program Office  
Zach Caldwell, Program Director  
RR 1 Box 64  
Windham VT 05359  
(802) 874-7264  
email: nensa@sover.net  
World Wide Web: <http://www.sover.net/~nensa>

## FROM THE EDITORS

We hope you enjoy this spring issue as much as we have enjoyed putting it together. You'll find trip reports ranging from the junior racing and touring in Norway to a fun training day on New Hampshire's Wildcat mountain. Our cover article features a report from Max Saenger, Program Director for the Maine Winter Sports Center which just finished its first season of operation by successfully hosting the U.S. Junior National Biathlon Championships and then the Canadian Biathlon Championships when their previously scheduled sites ran out of snow.

And the photos! We send our thanks to all who sent us these wonderful photos from races throughout New England this winter and to those of you who sent photos from your travels. Special thanks to NENSA Media Coordinator Dorcas Wonsavage who, with son Max travelling on her back, really captured the flavor and the spirit of New England skiing this winter. These photos are a wonderful way to savor the events just past and to motivate us to begin planning for summer and fall events, and for the next ski season.

As we go to press, we are in the middle of an April snowstorm, which unfortunately didn't happen until midway through the third day of NENSA's Gaining Ground Part III Coaches Clinic, advertised as an on-snow clinic. Fred must have gotten his dates wrong when he put in the order on high. But when Craftsbury ran out of snow, the more than fifty coaches piled into vans and trucks and headed forty minutes east over to Mt. Hor, above the shores of Lake Willoughby to a groomed six kilometer loop of spring corn snow. Thanks to the Craftsbury Outdoor Center — particularly to our leader Diana Sabot, to administrator Fred Griffin, to coaches Zach Caldwell and John Caldwell, to Olympian technique demonstrators Bob Gray and Marc Gilbertson, and to everyone else who worked to pull off this three-day weekend skiing clinic!

Now it's time to wish you all happy Spring. We hope you enjoy this issue of New England Nordic News!

Anne Donaghy

Mary Hamel, Co-editors

## NENSA MEN WITH CARS

Keenly aware that every spare moment is a PR opportunity for NENSA, Fred Griffin salutes the media during a pause in the Coaches Clinic.

Zach & the Volvos,  
hanging with the guys  
at the Prospect JOQ.

# BILL KOCH YOUTH SKI LEAGUE

## HEART AND SOUL

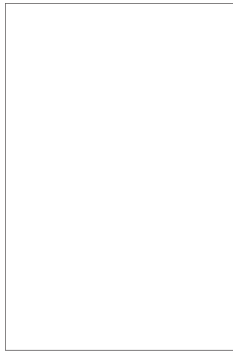
by Louisa Lodi, 13 years old

Louisa's essay was chosen as the winner of a \$500.00 savings bond awarded by the Opening Ceremonies Committee at the Jackson Ski Touring Foundation for the 2000 Junior Olympics. Essays were submitted by 7th and 8th graders in the Kennett, Bartlet and Tamworth Middle Schools.

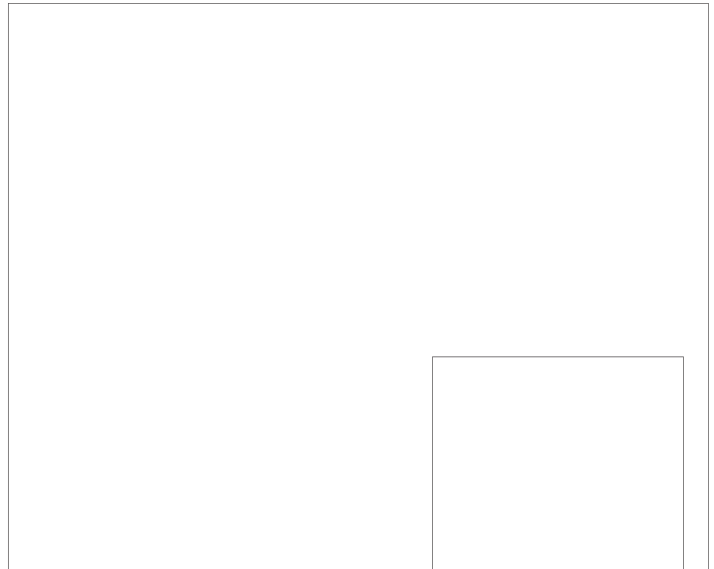
What exactly is the spirit of competition? My dad, who has run many competitions says, "The heart of a competition is the racing to win, and the spirit is its soul."

In a competition if there is spirit there are no losers. There may be some real winners but in the end everyone is really a winner. The spirit is not just in the competitors, it's also in the people who make the competition happen: the coaches, spectators, volunteers and others involved. Spirit is also within the racer's teams and opponents' teams.

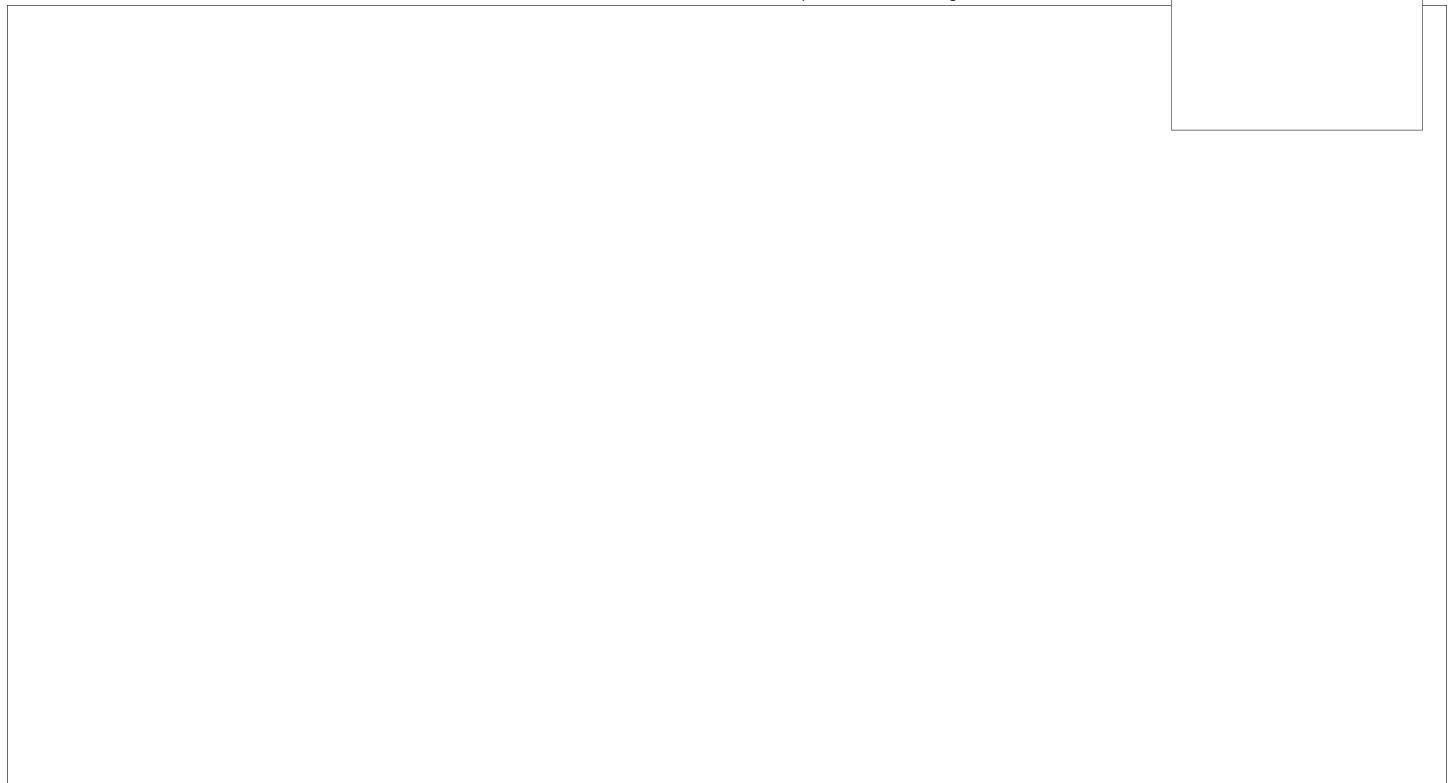
I wish we could see spirit, I wish it was a bright color that would shine on us all like the sun! But it's a light from within each of us, something we share and when we do it becomes even brighter, it surrounds us all. It's the spirit that wins after all the training and hard work, it's the spirit that's easy to share with everyone from the first racer to the last, from the winners to the losers. Spirit fills the start and finish areas. It's in the cheer of the fans, in the ring of the cowbells and also in the coach's encouragement. It's in the smile of the volunteers who work so hard to make this spirit glow. It's something around the kids and parents and grandparents! You can find spirit in every photo, in every medal awarded, around the wax room and at every lunch table!



Spirit is something you can't find on the Internet, or find in a library, catalog or store. I wish I could put my arms around it and pack it up and put it in my wax kit and take it out on days of training when things aren't going well. I wish you could mail it in a letter to a friend away at a race! But it's more than words from the heart, it's a light from your soul, from all our souls at any competition. It is simply the spirit of competition.



Three photos: Dorcas Wonsavage



Bill Koch Festival 2000 at Waterville Valley, NH: a scene from the opening parade and, above, a racer's sleeve autographed by the Festival's namesake. Inset: the well-numbered Lollipop look. Top: Winning author Louisa Lodi after receiving her award at the 2000 Junior Olympic opening ceremony.

# MASTERS

## NEW ENGLAND MASTERS CHAMPIONSHIPS, FEB. 26-27, 2000

by Jamie and Lisa Doucette

Like the mountain men of the old west who would gather each year at some predetermined location, or "Rendezvous," to talk, eat, swap tall tales, and show off their skills, masters skiers from across New England gathered at Grafton Ponds Recreation Center in Grafton, Vermont at the end of February. This updated version of Rendezvous provided much the same opportunity for some of New England's finest to talk, tell tall tales of waxing nightmares past, eat, brag about their kids, and oh yes, race a little bit. However, do not think that this gathering, just because it consisted only of masters skiers, was any less competitive than the Nationals or the college racing circuit. With five former Olympians (Leslie Krichko, Dorcas Wonsavage, Trina Hosmer, Bob Gray and Charlie Kellogg) and a former national team rower in the field, these races were hard fought all the way.

The three race weekend race series was held in the midst of the great thaw of 2000. While the snow cover had been significantly diminished and resulted in wet, slushy conditions, there fortunately remained

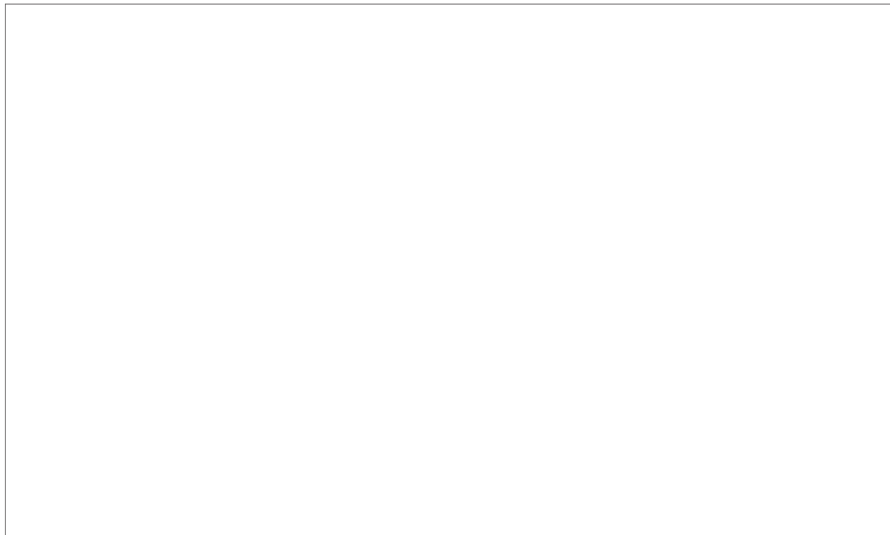
plenty to race on. Thanks to the fine work of Colin Lawson, Director of Grafton Ponds and Jim Rodriguez, chief groomer for the races, all events came off without a hitch.

Saturday's races, held in warm, damp and foggy conditions featured a 10 km classic race in the morning followed by a 3 x 2.5 km freestyle relay in the afternoon. Klister soup seemed to be the wax of the day for both the men's and the women's races. On the women's side those Olympic credentials clearly meant something as Leslie Krichko won, followed by Trina Hosmer in second and Dorcas Wonsavage in third. On the men's side, Rob Bradlee (CSU) won, followed closely by Joe Bouscaren (CSU), Scott Wade (Putney) and Joe Holland (Putney).

Saturday evening was devoted to the story swapping part of the weekend, first at a very nice reception at the Grafton Inn followed by excellent homemade lasagna baked by several local families. Portending his fine weekend of racing, Rob Bradlee even managed to pull his own name out of the hat for the top raffle prize of the evening! The fix clearly was in.

Sunday's race, to decide the series champions, was a 13 km freestyle race in the warm sun. The race turned into quite the slog compared with the great snow from the previous several weeks. On the women's side Sue Foster broke up the Olympic cabal, taking the race, followed by Dorcas Wonsavage, Trina Hosmer and Leslie Krichko. In the men's race Rob Bradlee again garnered highest honors, beating out Rick Powell, Karl Johnson and Scott Wade. These results left Rob Bradlee and Dorcas Wonsavage as the overall series winners.

Following the awards and more raffle prizes, given out in the warm, early spring sun, the racers once again packed their gear and headed off to varying points on the compass, eager to meet at another rendezvous to do friendly battle on the snows of New England.



Dorcas Wonsavage

## THE RACE TO THE RACE

Ever since the invention of the camera, sports fans and commentators have reveled in the excitement of a photo finish, but thanks to CSU member Bill Holland, a new term has entered sports vernacular: the photo start. We found Holland's views so arresting — even ground-breaking — that we recently cornered him for a phone interview.

Reporter: Why do you focus so much energy on achieving the perfect "photo start"?

Holland: I've taken part in a lot of races this past season: 23 to be exact. Looking back, I can't help feeling the hours spent simply getting to the line on time — once two seconds after my official start — were just as thrilling and nearly always more satisfying than the races themselves.

Reporter: A skeptic might say, "Big deal! You figure out how long it takes to get to a race, then you just make up your mind to cut it real close."

Holland: That's way too simplistic. The photo start is an art, one that involves mental states akin to deep meditation. The right hand must never know what the left is doing. To experience the true wonder of a photo start, you must set out with every intention of arriving at the race with plenty of time to spare.

Reporter: And then you just hope something goes wrong?

Holland: Not at all. What's required is a willingness to suspend brain-centered thinking with its linear, time-bound, conditioned responses and instead maintain a radical openness: what Keats called "negative capability" and Zen terms "no-mind."

Reporter: The result being...?

Holland: The result being that you become at once a witness to and a participant in the universe at its most playful and improvisatory. Instead of willfully outlining the "when" and "how," you learn to flow with the Prime Mover.

Reporter: This is getting kind of abstract. Can you provide an example?

Holland: Sure. There was the time my wife and I had car trouble on the way to the Washington's Birthday race in the Bradlee-mobile...

Reporter: The Bradlee-mobile?

Holland: Right. It's a second-hand '93 Ford Taurus my wife and I purchased from CSU teammate Rob Bradlee. It's been to so many races, you can basically point it north and watch it do the rest. On the way to the Washington's Birthday race, however, the thing suddenly had almost no power on the uphills. Total breakdown seemed imminent. So the question naturally arose: Why run the risk of getting stranded miles from home with a three-month old infant in the back seat? Why not pull over

Cont. at right

# SKI TRAVEL

## OBSERVATIONS FROM NORWAY

by Peter Hendel, Holderness Nordic

Ed. Note: For the complete daily report written by the skiers who went on this trip, see the Ford Sayre home page: <http://www.valley.net/~fssc/> or the NENSA website.

This March the Holderness Nordic and Ford Sayre ski clubs combined for a joint trip to Norway. Led by Dennis Donahue, Scottie Eliassen, Peter Hendel and "team doctor" Andy Torkelson, fifteen high school age athletes — 9 from Ford Sayre (Marshall Ambros, Tony Bragg, Jack Nelson, Adrien Roques, Lindsey Stoddard, Jenn Taylor, Liz Torkelson, Sarah Torkelson, Bond Worthington) and 6 from Holderness Nordic (Bryce Connery, Andy Hardy, Maurine Gilbert, Amy Laverack, Chris Rodgers, Heidi Webb) — had an incredible experience skiing and competing on some of the world's finest ski trails. Also joining us were Colin Rodgers (formerly Holderness Nordic, currently skiing for the Norwegian club Bevern I.L.), and Sara Donahue (formerly Ford Sayre, currently skiing for Dartmouth).

We began our trip with a flight into Oslo over disturbingly brown Norwegian landscape. Clearly we had much more snow back in New Hampshire. Shortly after our arrival we were joined by our local "interpreter" Colin Rodgers, who is spending the year in Norway. Throwing our ski bags on the local tram and subway, we traveled

rapidly into the hills to the famous Holmenkollen jump and cross country trails. As we made our final kilometer hike up to the jump we probably would have been depressed by the lack of snow, but we were too busy dodging dump truck after dump truck careening down the access road. The jump was breathtaking, but even more amazing was the wide, deep ribbon of snow that had been laid, not just around the stadium, but over 25 kilometers of trails back into the hills.

From Oslo, we traveled north for a race in Gran which included three of the top five junior boys in Norway. "We were surprised when we got to the ski area," the kids later wrote. "One, there were three feet of base (there wasn't any snow in the village) and two, there were hundreds of people enjoying the snow and skiing. All children wore race bibs and jolly music was playing; we all broke out in dance." Our crew did wonderfully well in racing after only two days — including Lindsay Stoddard, who turned her 5k race into a 30k marathon after she took a wrong turn on the course. According to the kids, "She came back, safe and sound, just a little bit shocked, and the hosts were wonderful. They fed her waffles with raspberry jam and Solo drink. Lindsey later told us that it was beautiful out there alone and very peaceful."

Next came five days of spectacular skiing in Lillehammer, site of the '94 Olympics. The week included two consecutive overdistance classic skis along the hundreds of kilometers of trails that criss-cross the  
NORWAY, continued on p. 6

at the nearest gas station and call AAA?

Reporter: Why not indeed?

Holland: Why? Because the darkest pre-race hour is in reality the perfect synchronistic moment, the one that leads to the photo start. As I told my wife: "I've been here before. This is when the adventure begins. I don't know how we'll make it, but I know in my gut we're meant to be there." So we pressed on. I had to, in a sense, "become the car" in order to coax the needed horsepower out of that stricken engine. Things were looking promising when it suddenly hit me: my skis were glide-waxed but not scraped and brushed, and there'd be no time to do it once we got there.

Reporter: Good God! What did you do?

Holland: You mean, "What did my wife do?" I talked Grace through the whole process: sliding the skis out of the bag, making a waxing bench out of the backs of the front and rear seats, putting a respirator over the baby's face so she wouldn't breathe in the dust particles produced by brushing out the fluoro waxes. It was a crash course in ski maintenance that really brought us closer together as a couple.

Reporter: And all this while the car is about to stall out any moment? Your nerves must have been shot!

Holland: Not at all. It was like a dance. We were totally in sync — not just with each other but with the universe. Grace had just finished buffing

with a Toko Thermo-pad when we grabbed the last parking place in front of the Putney School cafeteria. Sure, we made it with only moments to spare, but we made it. I was still wrestling my bib on five seconds before we took off. I had the totally wrong kick wax for the conditions, which made for a bit of an ordeal. But with the photo start, you're grateful to be part of the event at all. Most of all, you're in awe of the process that got you there.

Reporter: Wow! I can finally grasp what you're talking about.

Holland: Really? Because that doesn't begin to compare with what happened before the Eastern Championships at Sugarloaf. For starters, I unfortunately (or maybe I should "fortunately") lost my wallet the night before, and...

Reporter: I'm sorry, but we'll have to save that for a later interview.

NORWAY, from preceding page

famous Birkebeiner Trail, each starting from a “town” in the hills above Lillehammer. One day we skied from Nordseter to Pellestova and back to Lillehammer; the next we skied from Sjusjøen. Each of these days we used public transportation to do point-to-point skis, and marveled at the Norwegian perspective on cars and skiing: in Norway, one pays to park a car at a trailhead — and skis all day on nicely groomed trails for free!

Finally, we were off to Gåsbu and the Norwegian National Championships (juniors and seniors). Friday featured the newly sanctioned world cup event, the 1.5k sprint. 15-second interval starts in the morning narrowed the field to 32 men and 32 women who then battled it out in elimination rounds of 32, 16, and 8, culminating in 4 finalists. It was thrilling to watch Anita Moen and Bente Martinsen clash in the finals as Moen just beat out Martinsen, winner of this year’s World Cup. And even though Alsgaard and Dæhlie are noticeably absent from the world cup scene this year (Bjorn was quietly skiing around for much of Friday’s race), the Norwegian men were still well represented with several world cup medal winners including Tor Arne Hetland who won Friday’s sprint.

Saturday’s race, the Adidas Cup (junior) finals was a pursuit: 3.5k classic in the morning followed by a 7.5k skate in the afternoon. Colin had just missed qualifying as one of the top 30 eighteen-nineteen year olds in Norway, but was thrilled when his training partner, Borre Næss, came in second. The kids from Hanover wrote: “(this) was another really exciting race to watch! It was amazing to see such great skiers that were our age (16-19). We have decided that next year not only do we want to have Hanover Relays, but also Hanover Sprints and Hanover Pursuit!!”

Lindsey Stoddard, of the unintentional 30K race earlier in the trip, wrote about her feelings at the end of the trip: “I can’t explain the feeling of looking up on a long ski and seeing seemingly endless tracks and trail. Seeing trail maps at intersections and arrows pointing this way to Nordseter and this way to Lillehammer was so cool. You’re just out in the wilderness with a fanny pack and jacket tied ‘round your waist... doesn’t get much better than that.”

#### RACE-DAY OBSERVATIONS:

Throughout both days, OUR SKIERS HAD OPEN ACCESS TO THE RACE COURSES. This was one of the most startling and encouraging observations we made on our trip and probably speaks boldly to the Norwegians’ international success in skiing.

• Throughout both days, spectators, skiers and coaches were skiing on

the race course. For example, during the sprint, waves of four skiers went out every two minutes and in between each wave the course was busy with skiers — our skiers were actually able to hop in behind the top juniors for brief sections of the race.

- Little children abounded... we watched as one father calmly plucked up his toddler by the hood of her jacket as she started to walk into the track (she was already standing on the prepared course surface).
- One group of five 10-year old skiers were racing one hill over and over between heats of the sprint race: they’d watch their heroes go

by, and then fervently mimic their technique and race tempo.

- Skiers were even skiing backwards down hills to do repeats on sections of the course .

- During the CLASSIC race Saturday morning, many were SKATING the course, just being careful to avoid the tracks.

What makes this seemingly hectic situation work is COMMON SENSE. Some will argue that New England skiers and spectators don’t have this common sense. Our opinion is that they can learn these skills and that we need to give our skiers AND COACHES every opportunity to observe and experience, firsthand, what makes good skiers go fast.

#### AND TWO FINAL THOUGHTS ABOUT RACE EXECUTION...

- Norwegians don’t seem to run things to completion, or worry about there being different classes, genders, abilities on the course at once. The biggest gaps we saw were 5 minute gaps between age/ gender groups.

- Awards: in the case of all of the races we attended and competed

in, award ceremonies were held within 15-30 minutes of the end of the race; often right at the finish line. People are there, interest is high...

Scottie Eliassen



# EXCURSION

## THE STUFF OF DREAMS

by Fred Griffin, Northeast Nordic; NENSA Executive Director

Wildcat alpine area opposes Mt. Washington in rugged Pinkham Notch. Though only 4000' in height, Wildcat is famed for its steep terrain and hostile weather. The same winds that sift snow into Tuckerman's Ravine from November to April lash Wildcat without mercy. We — a small crew from NorthEast Nordic Ski Club — arrived prepared for the worst. Sure enough, temperatures hung at zero, but the windless day and dazzling skies brought smiles to our faces.

Chafing to be on our way, we took turns applying strips of duct tape from the tip to the tail on our classical rock skis, carefully smoothing each line of tape to avoid bubbles. Blue Extra kick wax, crayoned liberally onto the duct tape, was left un-corked. Donning fanny packs or small shoulder packs, we soldiered jauntily across the parking lot and past the lodge to the base of the alpine slopes, nordic skiers on a mission. We threaded our way through a gaggle of lift-line skiers, ignoring the black diamonds in favor of a trail less traveled. Initially we were vigilant, hugging the edge of the slope, trudging metronomically with heads up in hopes of spotting the downhillers before they saw us, but we soon realized the futility in this. The trails were so steep, the speed of the alpinists so great, their maneuverability so high, that our fate was in their hands. If they were paying attention to where they were going, we would be fine. If they were asleep at the wheel, we'd be roadkill.

We did what we could to improve our lot. We steered to the outside of every corner, waiting until the coast was clear then crossing the trail like squirrels on a busy highway. To our surprise, the alpine skiers were anything but adversarial. They enjoyed us as oddities bucking the laws of nature in their gravity-governed universe. A few stopped and talked and asked us questions. And because it took us 90 sweaty minutes to reach the summit, many of them saw us more than once. I heard one man remark as he came out of the quad chair, "Oh, look — it's those cross-country skiers. They made it!" It was music to our ears. Hey, the truth was, we felt like heroes.

We put on dry clothes inside a bailout building, ate and hydrated, then returned outside to begin our real adventure. The air temps at noon were still in the single numbers at our elevation, but the sunshine was brilliant and the views to the other side of the valley were paralyzing. All of Mt. Washington's crenelated western wall — the Gulf of Slides, Nelson Crag, Tuckerman's and Huntington Ravines, the Great Gulf, Mt. Clay — lay before us in riveting clarity. A snow-bunting skipping from stunted spruce to stunted spruce along Lion's Head would not escape notice, or so it seemed.

Bridling for action, we stripped the duct tape from our skis, added more Extra Blue to the kick pockets, and set off down the backside of Wildcat on the Wildcat Valley Trail. The descent was, well... amazing. Amazingly fun, amazingly fast, and for me, amazingly difficult.

There had been enough traffic to smudge a set of tracks which corkscrewed ever downward through headhigh spruce thickets. We quickly found that it was profitable to stay as precisely as possible in those tracks. Stray, and it was all powder, all the time, with depths of 4' or more. Of course that was the game — staying in the tracks and avoiding the trees while accelerating, and cornering, at dizzying rates.

The snow...ah, the snow...was satiny and fast — liquid fast. But the terrain placed a premium on quick and clever movements, perfect weight position, and preternatural balance. Less than mastery could

lead to awkward airborne adventures: every cambered corner, every pillowed boulder or buried stump waited to launch the unwary or marginally competent. Since I excel in both these regards I stopped counting when my falls exceeded 20. Of course the rest of the group — Jeff, Jacob, and Kelsey at any rate — skidded, jumped, twitched, anticipated, and telemarked their way down with something approaching aplomb, all managing single digits for the day.

After careening through those narrow chutes, the open birch

groves we came to in mid-mountain were like an epiphany. We wove our way through the glades at our personal whim. Characteristically, I picked up too much speed and after shooting over a bump, my tips buried. I flew into the air, or attempted to fly from a fixed position. In fact, my head and face pitched forward, buried, and became the pivot point for the rest of my body as I completed an almost-airborne flip. It took minutes to excavate and clean off sufficiently to proceed. As time passed we traded descending spruce and hemlock corridors, hairpin corners, and mini-moguls for a logging road that plummeted on and on and on at breakneck speeds — an appropriate adjective, I remember reflecting as I blinked desperately to free a tear frozen in a corner of my left eye.

On reaching the bottom we began 2 hours of picking our way through the forested wilds on vestigial tracks, or breaking trail, eventually emerging on the groomed and tracked golf course at Jackson. We doubled-poled those flats at near race-pace, then descended to the village where Erica was waiting with the Suburban. It was five and a half aerobic hours from beginning our stride up Wildcat to taking our skis off in Jackson. We were so hungry that had the seats of the Suburban been fine Corinthian leather we would have flung open the doors and started gnawing.

Such is the stuff of dreams.....

# CLUBS, ETC.

## CLUB NEWS

by Rob Bradlee

Where is the largest nordic ski club in America? I'm not positive, but I suspect it's in Minnesota (Official state Motto: "Yeah, sure, you betcha!"). Certainly, the clubs there make anything we have in NE look tiny in comparison. My eyes were opened by my trip this past February to St. Paul for the AXCS National Masters. Over 500 Masters racers entered the 30K skate race and almost all were Minnesotans. Sure, other regions still have better quality. Vermonter John Sackett and Alaskan Tim Kelley took turns winning my age group. But, the locals sure had the numbers. The North Stars Ski Club had a slide show on one member's trip to the Greenland race and there were over 200 club members attending. I mention all this to inspire our NENSA club leaders and members to get out and recruit some new members. Don't recruit any more hotshots. Instead find some average skiers. These are the folks whom we used to call Citizen Racers in the days that the George Washington's Birthday Race could draw 1200 starters. They are still out there just waiting to be tempted back by a warm social atmosphere and some low key races that focus on participation instead of elite combat. So put on your hunting caps and snare some new members.

The big news this winter for both Club and Masters competition has been the return of Olympian Leslie Bancroft Krichko to active racing. Coming up from her home in southern Connecticut, she cruised to a win in the NENSA Masters Championships classic race in Grafton. A pair of skate skis dating from the Reagan administration slowed her down to 4th place in the skate race. By the Eastern Championships at Sugarloaf she had a new pair of skis and a position as top Master

for the weekend. How did she manage to come from a snowless area and dominate? She credits her Hydro Health pool workouts that she has designed to keep her in top shape and injury free. Needless to say, all the clubs are fighting over this fast free agent. Putney claims her to join their list of former Olympic athletes. Maine Nordic is trying to tell her she can come home again. Meanwhile CSU has been finding attractive job offers for her husband Kip in Boston along with housing in a leafy suburb.

Big travel activities are the news for some of our other NENSA clubs. The Craftsbury club again traveled north to Canada to the North American Midget Championships. Despite the alarming name this is really just an international BKL Festival for J4 and J3 skiers. Once again the Craftsbury kids won the whole event. It's open to all clubs and the Brodheads tell us it's great fun and we should all go next year. Ford Sayre and Holderness teamed up for a big trip to Norway for great junior racing experience. Be sure to read the full report in this issue.

The Eastern Championships at Sugarloaf on 3/25-26 were held in conjunction with Northeast Nordic's annual End of the Year Celebration. Races were dovetailed nicely around Grillmeister Erica Hixon's tailgate barbecue and the Club Raffle. Hawaiian shirts and sandals were worn in defiance of the weather. Prizes of note included a genuine Taco Bell "Drop the Chalupa" chihuahua donated by Zach Treamer, a selection of discard gels from Jake Scheckman, a personalized survival kit by Kelsey Allen, and raffle-affle tickets to a Cannondale mountain bike by Peter Smith.

**Akers Ski, Inc.**  
 PO Box 280  
 Andover, ME 04216

Tel: 207 392-4582  
 Web Site [www.akers-ski.com](http://www.akers-ski.com)  
 Fax: 207 392-1225



**Free**  
Mail order catalog

42 years of furnishing racing gear to X-C Skiers  
 Competitive Prices: Fast, Friendly Service.

**SHARPEN YOUR SKIING,  
 RIDING AND BRAINS ALL AT  
 THE SAME TIME.**

CARRABASSSETT VALLEY ACADEMY AT SUGARLOAF/USA



FORGET YOUR  
PASSION

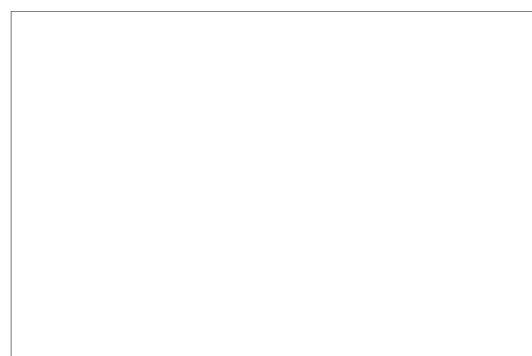
- Separate coaches and teachers
- 50 Olympians
- 15 National Team Members
- NEASC Accredited
- Excellent college placement

Call Nancy for Rate or Down fees!  
**207-237-2250**  
 Email: [admission@cva.org](mailto:admission@cva.org) or [info@cva.org](mailto:info@cva.org)  
 Website: [www.cva.org/US/USA](http://www.cva.org/US/USA)

## FROM THE ARCHIVES

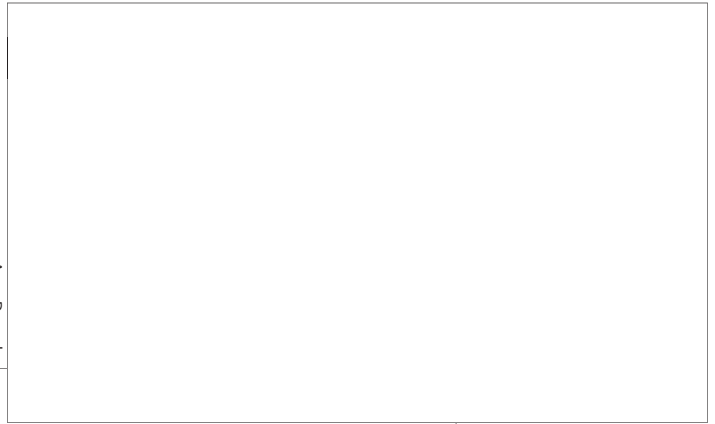
Here's a photo of Charlie Kellogg taken at the February NENSA Masters Championships at Grafton Ponds, Vermont. That 1973 U.S. Ski Team patch on his jacket spurred us to dig into the Archives just to check... Lo and behold, there is Charlie not looking a day younger in a photo in the 1973 U.S. Ski Team directory. Next to his smiling face it reads: "Charles Kellogg — Age 32. From Shelburne, VT. Graduate of Williams College B.A. 1962; Graduate of Amos Tuck School of Business Administration M.B.A. 1972. Member 1968 Olympic Team. Best results 1970-71: 2nd National 50K Championships, 2nd Team USEASA 3x10K relay. Best results 1971-2: 5th National 50K Championships, 9th North American 30K Championships. His hobbies include mountain climbing, kayaking, photography, computers and he also participates in biking, tennis, waterskiing, sailing, foot running and roller skiing."

27 years later and still going strong!





Suzanne Crawford

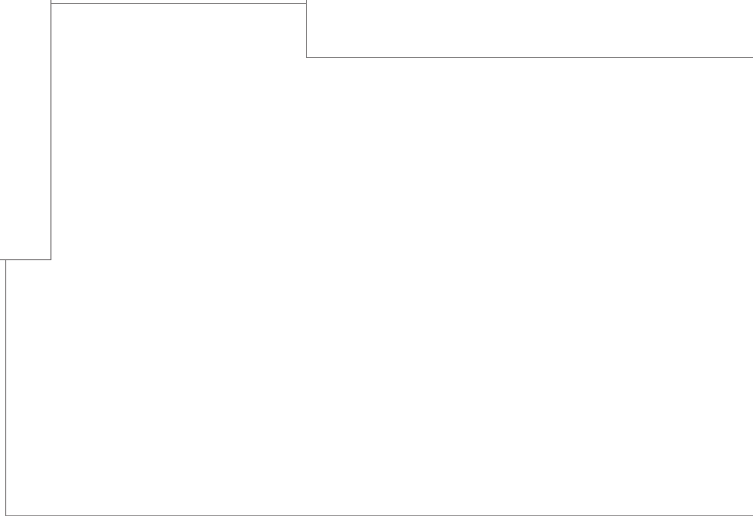


Anne Donaghy

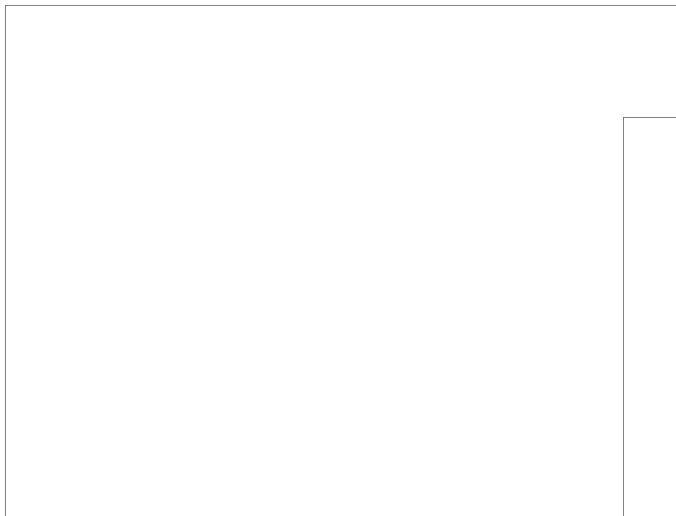
Above: Sarah Torkelson leads up "the Wall" in 3x6K JO relay.

Right: friends at the NE Masters Champs.

Top Right: Lost and out of snow at the April coaches' clinic.

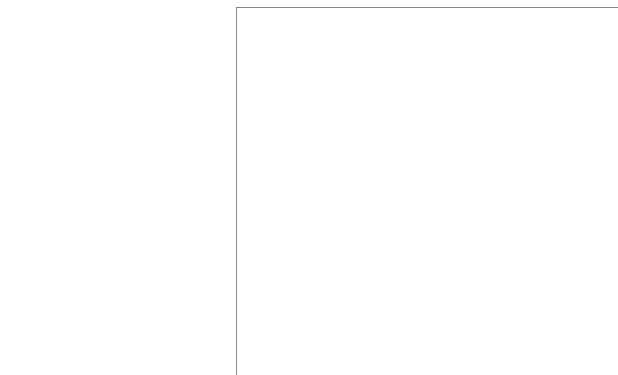
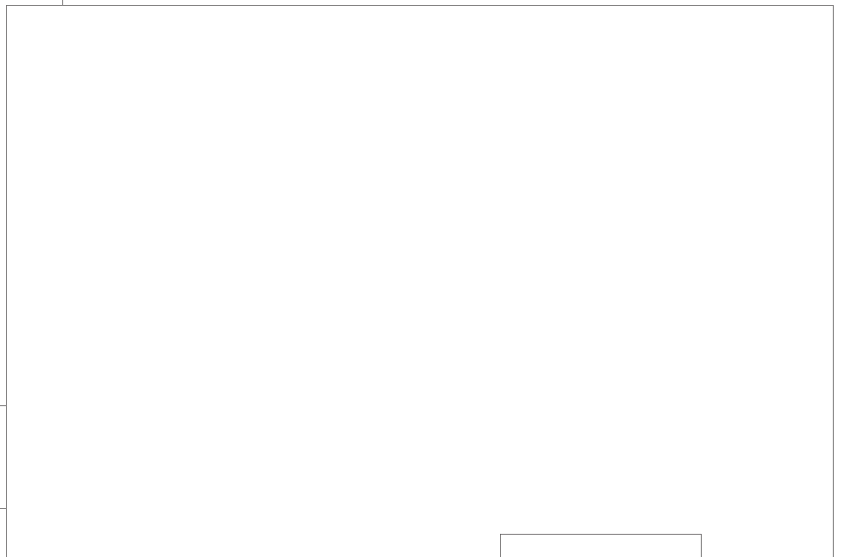


Dorcas Worsavage



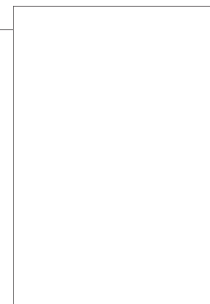
Above: Joe Shaw, Angus McCusker and Ed Hamel, 18+ winners at Mohawk Sprint Ski Mania. Right: Kate Whitcomb jumps out to an early lead.

# THE SEASON IN



Left: Finish line survivors.  
Right: Ready to go.

Joe Dupuis



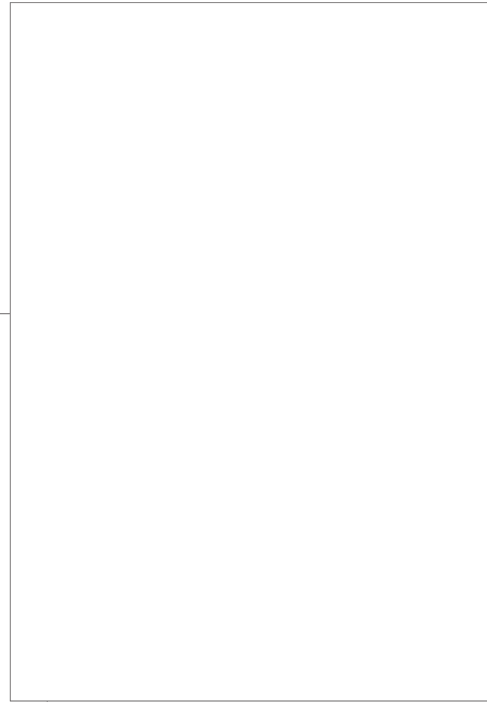
Joe Dupuis

Allison Crocker, Carina Hamel and Anna Sprague, winners of EHS 6K classic race.



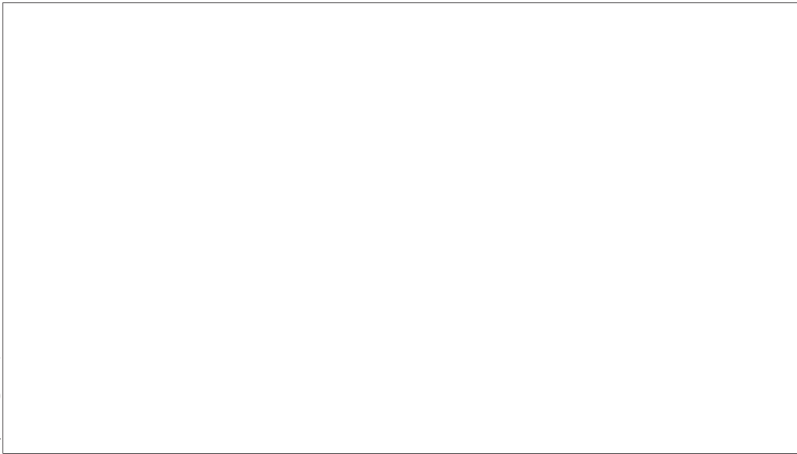
Suzanne Crawford

Wax advisor Max Wonsavage keeps a critical eye on Mom's technique at the Masters Champs.



Dorcas Wonsavage

Marc Gilbertson shows (and John Caldwell, with bullhorn, tells) how it's done at the April coaches' clinic.

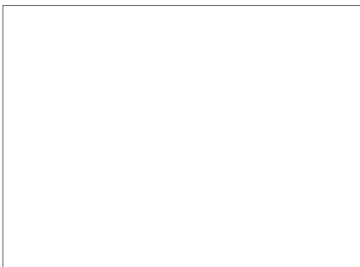


Anne Donaghy

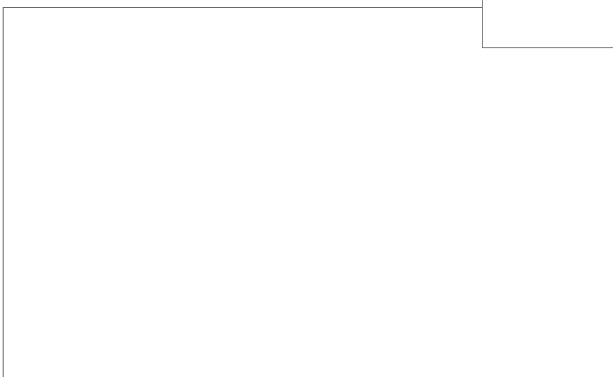
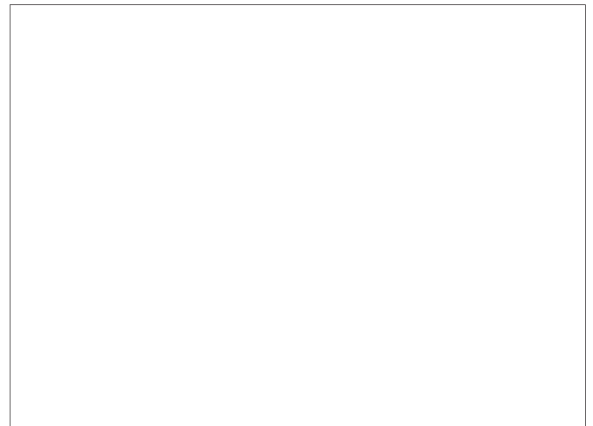
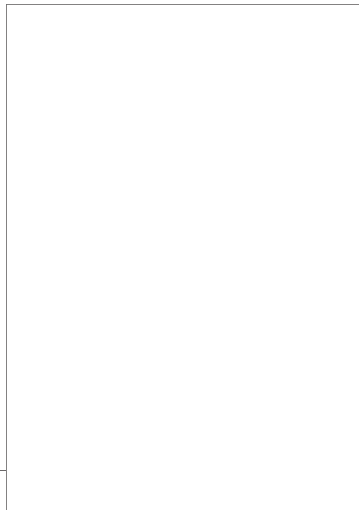
Top DJs on the circuit, Holderness JOQ

J2 friends at Rangeley

# PICTURES



Buddies



Suzanne Crawford

Above, Matt Whitcomb (L) and Andy Newell (C) lead in the 3 x 6K relay at JOs. At right, coach Scotty Broomhall and his winning Maine team celebrate at the J2 Festival.

Thanks to all our photographers, and our apologies for the several missing photo credits. We'll do better with that the next time.

# CALENDAR

## SUMMER CAMPS

Gunstock Nordic Association Summer 2000 NENSA-sponsored Roller Ski Training camps

Location: Jericho, VT — Ethan Allen Firing Range. US biathlon training center and site of the only roller ski loop (no cars) in the East.

Dates: Camp #1, June 20-24, Monday - Friday  
Camp #2, July 24-28, Monday - Friday  
Camp #3, August 24-26, Thursday - Saturday

Cost: Camp #1 & #2, \$295.00; Camp #3, \$150.00; includes accommodations, 3 meals a day, facility use fee, coaching.

Coaches: Alexei Sotskov, GNA head coach, and an assistant.

Limit: 25 skiers per camp.

Equipment needed: roller skis & poles, running shoes, knee/elbow pads, helmet, swimsuit.

Reservation: Send 50% deposit to GNA Roller Ski Training Camps, PO Box 221, Laconia, NH 03246.

Upon receiving your deposit, GNA will forward registration forms which will be due no later than 2 weeks prior to camp.

Skiers who attended the Jericho Roller Ski camp in the last few years not only had a wonderful time, but really worked hard and as a result they improved their skiing skills dramatically. 15 skiers from last year's GNA camps qualified for the Junior National Championships as x-c skiers or nordic combined skiers.

For more info, call Alexei Sotskov or check our web page.

Phone: 603-524-9484

Email: vialpa@together.net

Web: [www.6r.com/gunstocknordic](http://www.6r.com/gunstocknordic)

Stratton Mountain BKL Camps

Thur, 6/29-Sun. 7/2; Sun 8/13-Wed 8/16.

BKL Camps aimed at 10-14 year age group. Emphasis on showing how much fun training can be.

Stratton Mountain Jr/Sr Camps

Sun 6/25-Wed 6/28; Thu 8/17-Sun 8/20.

Jr/Sr Camps aimed at 14 ++ age group. Emphasis on good training, technique and education.

All Camps at the new SMS campus. Cost for each camp is \$175. There will be a discount for elite and development team members.

Write for more info:

Sverre Caldwell

PO Box 128

Peru, VT 05152

Or phone the SMS office at 802-297-1886.

## WEB SITES TO VISIT

Here are some excellent NE web sites to check for news, photos, good articles related to skiing and training, and updated information on regional and club events open to all:

NENSA — <http://www.rovers.net/~nensa>

New England XC Skiing — <http://www.nescski.com>

Maine Nordic Ski Club — <http://www.bangornews.infi.net/~cdorion>

Maine Winter Sports Center — <http://www.mainewsc.com>

Upper Valley Nordic Club — <http://www.dartmouth.edu/~rtw/uvnc>

new england  
NORDIC NEWS

PO Box 402

Meriden, NH 03770

NONPROFIT  
U.S. Postage  
PAID  
Northampton, MA  
01060